

RETURN TO PLAY - COACHES/DIRECTORS GUIDELINES

The following guidelines govern social distancing and safety procedures for pupil activity programs that practice, train or compete during the summer of 2020. All of these activities must be performed in accordance with Ohio Department of Health (“ODH”) orders, OHSAA guidance, and the procedures described below. These procedures are intended to adhere to ODH and OHSAA requirements; if any of these procedures are in conflict with ODH orders or OHSAA guidance as they currently exist or as they may be modified in the future, those other sources will control.

- Take temperature every day. If participants have symptoms consistent with illness, please stay home
- Complete google doc daily and sign off
- Common symptoms of COVID-19:
 - *cough
 - *shortness of breath or trouble breathing
 - *fever
 - *chills - repeated shaking
 - *muscle pain
 - *headache
 - *sore throat
 - *loss of appetite or smell
- Send students home if sick and notify trainer
- Medical conditions
 - *if sick - will need a note from a physician prior to returning to workouts
 - *if a student or coach is exposed to someone with the virus the individual will need to quarantine for 14 days
 - *if a student or coach contracts the virus the situation will be evaluated by an appointed medical committee
- Masks are recommended for staff, unless they are actively engaged in aerobic activity
- Participants should not arrive more than 10 minutes early for their activity, and they should remain in their car until the previous group has left the same facilities.
- Clean clothes and personal equipment daily
- Bring personal water bottle and towel - no sharing
- Participants should wash hands with soap and water or use hand sanitizer, if such resources are available, when entering the facilities.
- Work in groups of 10 or less
- No physical contact between students, students and coaches, or with AT (the AT will address medical emergencies - dislocations, broken leg, etc.)
- Keep 6’ distance. When feasible, coaches or program leaders will mark areas with tape or signs to assist participants.
- A “no touch rule” should be enforced, when possible. This includes no “high fives”, hand-shaking, and group huddles before, during or after an activity.

- Locker room facilities should not be used. Participants should arrive in clothing appropriate for their activity and plan to shower at home afterwards.
- Weather emergency take students into building for safety and then social distance will be addressed, they need to be picked up
- Due to inclement weather workouts cannot be moved inside
- Participants should leave school grounds as soon as their activity is over.
- Stay until last student is picked up
- Coaches/Directors meet virtually, no in person meetings for coaching staffs
- Family members and alumni are not allowed to attend or participate in workouts
- Provide workout times - starting and ending times to AD's
- Ensure that all students and parents/guardians have completed google doc PRIOR TO working out. If not, the students will be sent home and not permitted to workout for that day. Google form must be completed the day of.
- Coaches/Directors will take attendance everyday.